

Vermont Department of Education Linking Health & Learning e-Bulletin

December, 2009

News and General Announcements

2010 Fit and Healthy Kids School Wellness Awards

Deadline: April 9, 2010

The Fit and Healthy Kids School Wellness Awards recognize schools whose policies and practices reflect a high priority on healthy outcomes for children. The program is sponsored by Vermont's Action for Healthy Kids, the New England Dairy Council, and the Vermont Departments of Health and Education. There will be one \$500.00 and two \$250.00 awards for the top scoring schools to support school wellness activities. Early announcement gives schools time to plan, and implement activities through the fall and winter to be "counted" in this application. Winners will be notified by May 7, 2010 and invited to a recognition event with Governor Douglas at the annual VTAHPERD Wellness Walk on May 12, 2010. For more information, click [here](#) or contact Suzanne Kelley Skilley@vdh.sate.vt.us or (802) 657-4202.

Healthy People 2020 Objectives for Review

The proposed Healthy People 2020 objectives are now posted online for public comment. Several sections apply directly to the school health environment including: Adolescent Health, Early and Middle Childhood, Educational and Community-Based Programs. Comments will be accepted through December 31, 2009. Comments may be submitted either orally or in writing at www.healthypeople.gov/hp2020 or by emailing HP2020@hhs.gov.

Public Broadcasting Service "In the Mix" Program Highlights for December

December 5 Financial Literacy: On the Money! (# 435)

December 12 Abusive Relationships: Get Help, Get Out (805)

December 19 Stop Bullying... Take a Stand! (#801)

December 26 Ethics: Cheating and Plagiarism (#604)

Please visit www.inthemix.org for transcripts, discussion guides, video clips, etc for these and other programs.

Creating Safe Places - New, Free Online Training Module

The National Youth Advocacy Center (NYAC) recently announced the launch of their free, online Safe Spaces Training Module, which is designed to help organizations create safer spaces for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The module contains a self-assessment for each participating organization; and upon completion of all six modules, agencies can receive free Safe Zone materials for their offices and youth spaces. To access the online training module, click [here](#).

PIRC Vermont Family Expo

February 27-28, 2010

University Mall, South Burlington

This two-day event sponsored by the Vermont Parent Information and Resource Center (PIRC) will feature organizations, businesses and community service providers who are dedicated to the success of all children. Not only will information and resource tables be available, but there will be entertainment for the whole family along with a silent auction of goods and services from some of Vermont's finest businesses and organization. For registration information contact Kathleen Kilbourne at (800) 800-4005 x244 or www.pircvermont.org

Jr. Iron Chef Competition

March 27, 2010

Applications are now being accepted for the 3rd annual Jr. Iron Chef VT competition. This event is hosted by the Burlington School Food Project and Vermont FEED as a statewide culinary competition. Teams of middle and high school students are invited to create delicious dishes

using seasonal, local ingredients. Recipes should be replicable by school foodservice and will have a chance to be featured in school meals. Three awards will be given in each age group: Best in Show, Most Creative, and Greatest Number/Best Use of Local Ingredients. Jr. Iron Chef VT will be held at the Champlain Valley Expo on Saturday, March 27th, 2010 from 9:30 am - 3:30 pm. Team slots are limited and applications will be accepted on a first-come, first serve basis. Applications are now available at www.jrironchefvt.org. For more information or to sponsor the event contact: info@jrironchefvt.org.

Professional Development Opportunities

For a Calendar of Vermont Department of Education-Sponsored Events click [here](#)

Free Webinar on West Virginia's Nutrition Standards Policy

December 9, 2009 at 3:00 p.m. EST

Webinar

Join colleagues for a free webinar following West Virginia's nutrition standards policy from the state level to school practice. This program will follow West Virginia's comprehensive nutrition standards policy using an educational leadership model for states, school districts and schools to align policies, practices and actions related to school wellness. The program will highlight key leadership and learning factors necessary for success from state policy to the classroom level. Click [here](#) to learn more and to register.

Promoting Personal Health and Safety: Prevention of Injury and Violence

January 11-February 19, 2010

Online Course

In this online course unintentional injury, sexual abuse, violence, suicide and cyberbullying are examined; from understanding their causes and prevalence to identifying curricula, web sites and children's literature that can be used in instructional activities. Co-factors such as substance use and mental illness, prevention, early intervention, treatment and recovery will be considered. Personal change processes and environmental strategies conducive to lifestyles that can lower the likelihood of injury and violence will be identified. Click [here](#) for more information.

N-O-T (Not on Tobacco) New Facilitator Trainings

January 12, 2010

Randolph, VT

Whether you are a teacher, SAP counselor, guidance counselor, nurse or prevention worker, you must attend this one-day training in order to become a N-O-T facilitator in your school or community. Based on social cognitive theory, N-O-T is a gender-sensitive, teen-tested tobacco cessation program that trains young people in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight management and peer pressure. This ten-session curriculum is appropriate for either a school or community setting. Click [here](#) to learn more and to register.

Michigan Model Comprehensive School Health Education for Tobacco Program

January 13, 2010

White River Jct., VT

The Michigan Model for Comprehensive School Health Education® curriculum facilitates interdisciplinary learning through lessons that integrate health education into other curricula, including language arts, social studies, science, math and art. Teacher training in the implementation of the Model ensures that students and their schools as a whole get maximum benefits from this carefully structured program. Workshop objectives and will focus on the Tobacco Modules. Register at www.cbeeducationalservices.org. For more information contact Kate Larose (802) 828-0565 or kate.larose@state.vt.us or Casey Boyle-Eldridge, CBE Educational Services Inc., at (802) 754-2611 or info@cbeeducationalservices.org.

LifeSkills Curriculum Training Refresher

January 20, 2010

Montpelier, VT

If you have been implementing the LST curriculum and are finding yourself in an "implementation dip", this one-day refresher is for you. You can review the lessons and model interactive techniques around the needs of your students as well as try out your own ideas and determine whether they fit within the program guidelines. Click [here](#) to learn more and to register.

Lifelines Curriculum Training

January 22, 2010

White River Junction, VT

The *Lifelines* curriculum teaches middle and high school students that suicide is preventable and caring adults are available to help. Designed to fit easily into health class programming and lesson plans, *Lifelines* emphasizes the facts about suicide and the student's role in suicide prevention. Training materials include practical information for faculty and staff on identifying and referring students who might be at risk for suicide as well as a presentation for parents that answers questions about youth suicide prevention and involves them in the school's prevention activities. Click [here](#) to learn more and to register.

Know Your Body Curriculum Training

February 3, 2010

Springfield, VT

Know Your Body (KYB) emphasizes individual responsibility for health and lays a firm foundation for children in grades K-6 to make health-promoting decisions. Easy to implement, filled with wonderful learning activities for integrating health education into the general curriculum, this is an outstanding choice for elementary health education. Each grade level has 12 modules with the same subject focus, but different lessons, which enables continuous exposure and scaffolding of concepts, knowledge and skills across grade levels. Behavioral goals are geared toward outcomes that children of this age can realistically achieve, such as breakfast and snack choices and asking adults to not smoke in their presence. Click [here](#) to learn more and to register.

Coordinated School Health Course

February 28 - April 23, 2010

Online Course

The Coordinated School Health Programs course will run online facilitated by Shevonne Travers (2 credits). For more information contact MJ Peters mj.peters@vthec.org

Save the Date - Vermont Freemasons C.A.R.E. Training

March 30-31, 2010

South Burlington, VT

This training opportunity for your school is designed to create an informed team who will help identify and provide appropriate guidance for students at-risk for substance abuse, depression, suicide or violence. For more information contact Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us. Registration will be in January.

Vermont Healthy Schools Summer Institute 2010

This event has been changed. It will no longer be held June 30-July 2. More information is forthcoming.

Grant and Funding Opportunities

Healthy-Living School Grants from Cabot Creamery

Deadline: rolling

Need help to put on a wellness fair, start a nutrition workshop, or implement another idea at your school? Cabot Creamery will provide matching funds of up to \$200 for any qualifying program, because our farmers want to help you grow healthy kids! Click [here](#) to find out more about this grant and to find our free health posters and nutrition education materials.

Vermont First Tee National School Program Grant

Deadline: December 15, 2009

Vermont elementary schools are invited to apply for a grant for the Vermont First Tee National School Program for spring 2010. The program goal is to establish a lifelong interest in golf by engaging young people (K-5) in a structured golf curriculum that promotes personal character development within the physical education setting. For more information about the program, click [here](#). For more information, contact Richard H. Mihlrad, President, Vermont Golf Association, at (802) 645-1907 or rmihlrad@sover.net.

Home Depot: Building Healthy Communities Grants

Deadline: December 15, 2009

Home Depot believes that volunteering to improve your neighborhood by planting trees, developing green spaces and updating school facilities and community centers creates a healthier, more stable community where families can thrive. Grants, up to \$2,500, are now available to public schools who are using the power of volunteers to improve the physical health of their community. Grants are made in the form of The Home Depot gift cards for the purchase of tools or materials. To learn more click [here](#).

The National Teachers Hall of Fame Seeking Nominations

Deadline: January 4, 2010

Nominate an exceptional career teacher to encourage excellence in teaching, and preserve the rich heritage of the teaching profession in the United States. Maximum award is \$2,000. Nominees must have a minimum of 20 years full-time preK-12 teaching experience, and hold a valid teaching certificate or license from the state in which he or she teaches. To learn more click [here](#).

General Mills Foundation Grants

Deadline: January 15, 2010

General Mills will awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. To learn more and access the grant application click [here](#).

Fund for Teachers

Deadline: January 29, 2010

The Fund for Teachers invites educators from across the country to submit proposals for their own do-it-yourself learning odysseys next summer. Destinations and disciplines are limitless as previous itineraries over the past nine years include tours, conferences and independent studies on every continent. Multiple grants, of \$5,000 for individuals, and team grants of up to \$10,000, will be awarded. Some restrictions apply. For more information click [here](#).

Lowe's Toolbox for Education Grant

Deadline: February 12, 2010

This program, funded by the Lowe's Charitable and Educational Foundation, is accepting funding requests for projects that have a permanent impact such as facility enhancement (both indoor and outdoor) as well as landscaping/clean up projects. Projects that encourage parent involvement and build stronger community spirit will be favored. Requested grant amount must be between \$2,000 and \$5,000. Applications will be limited to 1,500. Click [here](#) to learn more.

The 21st Century Community Learning Centers Grant

Deadline: February 12, 2010

The Vermont Department of Education is excited to accept proposals under the 21st Century Community Learning Centers Program (21C) to award significant funding to schools and communities with high need populations (30% free/reduced meals) that want to establish or expand afterschool programs in Vermont. Applicant trainings are on October 9 and 16. Letters of Intent are due November 20. Applications are due February 12, 2010. If you have any questions contact Emanuel.Betz@state.vt.us or call (802) 828-0557. Click [here](#) for more information.

As a service to its users, the Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Lindsay Simpson (802) 828-1461 or lindsay.simpson@state.vt.us